

NAME ►

DATE ►

10:00 am	10:00 am	10:00 am	10:00 am
Food can have	Chemicals must	Food chemicals are	Chemicals in food
added chemicals in	be added to food.	called energy	are called nutrients.
it that are not good	These chemicals	makers. They are in	Our body needs
for you.	are liquids and	food.	nutrients.
1.	2.	3.	4.

1. Food has important chemicals that help our bodies move and grow. Which notebook entry best describes these chemicals?

- A. 1
- B. 2
- C. 3
- D. 4

2 Tom is studying the nutrient that gives our body energy to move. The same nutrient powers our brain to think. Which nutrient is Tom studying?

- A. Carbohydrates
- B. Fats
- C. Minerals
- D. Vitamins

3. How can a food label tell us how much energy is packed into the food we are eating?

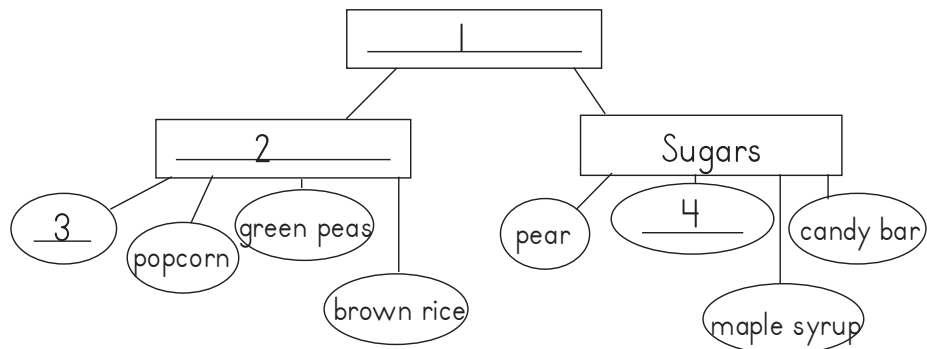
- A. Add the grams of protein and sugar
- B. Look at the number of calories per serving
- C. Look at the number of times sugar is listed
- D. Look at the amount of vitamins and minerals added

4. What happens to food energy we do not use?

- A. It is stored in our body as fat
- B. It makes our heart stronger
- C. It makes our muscles stronger
- D. Nothing, it is not stored by our body

5. Alex and Marta are hiking in the woods. It is a steep, hard hike. Which snack would be the best choice?

- A. A small candy bar and water
- B. Cheese stick, apple, nuts and water
- C. Sweetened fruit drink and baked potato chips
- D. Unsweetened cereal and a can of cola



LOOK AT THE THINKING MAP ABOVE. USE THE MAP TO ANSWER QUESTIONS 6, 7, 8 AND 9.

6. Which nutrient group best fits in space 1?

- A. Carbohydrates
- B. Glucose
- C. Protein
- D. Starch

7. Choose the best title for space 2.

- A. Grains
- B. Nutrients
- C. Starches
- D. Vegetables

8. Choose the food that best fits in space 3.

- A. Cheese
- B. Milk
- C. Oats
- D. Peanuts

9. Choose the food that best fits in space 4.

- A. Corn flakes cereal
- B. Oatmeal
- C. Orange juice
- D. Whole wheat noodles

Tues. 10:20 am	Tues. 9:00 am	Tues. 10:00 am	Tues. 10:15 am
The sugar in fruit	Fruit tastes good.	Fruit is high in	Fruit is a good way
gives us energy. The	The sugar in fruit is	sugar, fat and	to get protein. It
vitamins help keep	natural, not added.	calories.	builds muscles.
us from getting			
sick.			
1.	2.	3.	4.

10. Which notebook entries best describe why fruit is a good snack choice?

- A. 1 and 2
- B. 1 and 3
- C. 2 and 4
- D. 3 and 4

11. Carl is testing 4 different brands of ketchup for sugar. He measures 1 oz. of each brand. He mixes each sample with 1 oz. of water. Which tool will test the ketchup mixtures for sugar?

- A. Brown paper bags
- B. Glucose test strips
- C. Iodine solution
- D. Protein test strips

12. What is different about the 4 tests in Carl's experiment?

- A. Amount of ketchup
 - B. Amount of water
 - C. Brands of ketchup
 - D. Wait time for results
-

13. What mineral helps build strong bones and teeth?

- A. Calcium
 - B. Iron
 - C. Potassium
 - D. Zinc
-

Thurs. 8:45 am	Thurs. 8:55 am	Thurs. 8:20 am	Thurs. 9:05 am
I put one drop of	I mixed coconut	I tested whole	I tested 2 slices of
iodine solution on	with water. I dipped	wheat bread. I put	apple. I put lemon
a corn flake. The	a test strip in the	the bread on brown	juice on one slice. I
flake turned black.	water. The strip	paper. I waited 10	did not put juice on
1.	changed color. 2.	minutes. 3.	the other. 4.

14. Which notebook entry above describes a test for starch?

- A. 1
 - B. 2
 - C. 3
 - D. 4
-

15. How are starches like sugars?

- A. Both build muscles
- B. Both build strong bones
- C. Both give us energy
- D. Both prevent sickness

16. Our bodies need nutrients to grow and move. Our bodies cannot make nutrients. Where do we get them?

- A. Air we breathe
 - B. Food we eat
 - C. Nutrients are everywhere
 - D. Water we drink
-

17. What is a serving size?

- A. An amount of food, like 5 pretzels or 3 cookies
 - B. The amount of nutrients the food contains
 - C. The grams of carbohydrates in the food
 - D. The percentage of vitamins in the food
-

18. The drama club is meeting after school. Carol's mom sent a bag of cheese sticks for the kids to snack on. There are 45 cheese sticks in the bag. A serving size is 3 sticks. How many kids will one bag serve?

- A. 5
 - B. 10
 - C. 15
 - D. 45
-

10:00 am	10:00 am	10:00 am	10:00 am
Enriched flour will	The whole wheat	I tested the bun in	Both buns are
not test positive for	bun is brown and	3 places. The top	made of flour.
starch. It is enriched	lumpy. It is 3 cm	crust, the	Flour will test
with vitamins.	high.	bottom crust and	positive for starch.
1.	2.	the middle. 3.	4.

19 Henry is testing 2 different hamburger buns for starch. One package label lists enriched flour. One label lists whole wheat-flour. Which notebook entries are a prediction?

- A. 1 and 2
 - B. 2 and 3
 - C. 3 and 4
 - D. 4 and 1
-

20. Fruit is high in vitamins. Which fruit has the most vitamin C?

- A. Apples
- B. Bananas
- C. Grapes
- D. Oranges

Label 1

Nutrition Facts	
Serv. Size 1/2 cup dry (28g)	
Servings per Container About 4	
Amount per Serving	
Calories 10 Calories from fat 0	
*% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 0mg	0%
Potassium 310mg	9%
Total Carb 1g	1%
Dietary Fiber 1g	4%
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 0%
* Percent daily values are based on a 2,000 calorie diet.	
Ingredients: Broccoli Sprouts	

Label 2

Nutrition Facts	
Serv. Size 1/2 cup dry (72g)	
Servings per Container About 12	
Amount per Serving	
Calories 35 Calories from fat 0	
*% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb 6g	2%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 2g	
Vitamin A 18%	Vitamin C 85%
Calcium 4%	Iron 10%
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Fresh Sugar Snap Peas	

Label 3

Nutrition Facts	
Serv. Size 2 cups (85g)	
Servings per Container About 3	
Amount per Serving	
Calories 15 Calories from fat 0	
*% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carb 3g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 1g	
Vitamin A 100%	Vitamin C 35%
Calcium 2%	Iron 4%
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Romaine Lettuce	

Label 4

Nutrition Facts	
Serv. Size 1/2 cup dry (130g)	
Servings per Container About 3	
Amount per Serving	
Calories 120 Calories from fat 0	
*% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Potassium 310mg	9%
Total Carb 22g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Prepared black beans, water, sea salt	

Look at the food labels on page 5. Use the labels to answer questions 21, 22, 23, 24, 25 and 26.

21. Carly is studying the nutrients in foods. She is looking for a food that comes from plants and is a good source of protein. Which of these foods has the most protein?

- A. Black beans
- B. Broccoli sprouts
- C. Romaine lettuce
- D. Sugar snap peas

22. Which food has added salt?

- A. Label 1
- B. Label 2
- C. Label 3
- D. Label 4

23. Carly fixed a salad with two cups of lettuce, 1/2 cup of beans, and 1/2 cup of broccoli sprouts. How many grams of fiber are in Carly's salad?

- A. 4 grams
- B. 8 grams
- C. 9 grams
- D. 10 grams

24. Look at the food labels. Which is measured in grams?

- A. Calories
- B. Iron
- C. Protein
- D. Vitamin A

25. Which will serve the most people?

- A. Label 1
- B. Label 2
- C. Label 3
- D. Label 4

26. Which food has the least amount of iron?

- A. Label 1
- B. Label 2
- C. Label 3
- D. Label 4

Nutrition Facts	
Serv. Size 3.5 cups (30g)	
Servings per Bag about 3	
Amount per Serving	
Calories 140 Calories from fat 40	
*% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carb 22g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Organic Popcorn, Organic Palm Oil, Salt, Natural Butter Flavor, Annatto (for color), Vitamin E (to preserve freshness).	



Nutrition Facts	
Serving Size 1 Can	
Amount per Serving	
Calories 140	
*% Daily Value	
Total Fat 0g	0%
Sodium 70mg	3%
Total Carb 38g	13%
Sugars 38g	
Protein 0g	
* Percent daily values are based on a 2,000 calorie diet.	
Ingredients: Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural Flavors, Sodium Citrate, Sodium Benzoate	



USE THESE FOOD LABELS TO ANSWER QUESTIONS 27.28.29 AND 30

27. Find two foods that have the same number of calories per serving.

- A. Popcorn and soda
- B. Raisins and popcorn
- C. Raisins and soda
- D. Each food is different

28. Which food has added sugar?

- A. Added sugar is not listed
- B. Popcorn
- C. Raisins
- D. Soda

29. Where is added sugar on the label?

- A. Dietary fiber
- B. Calories per serving
- C. Ingredients list
- D. Serving size

30. Sugar is often listed more than once in a packaged food. What word ending is a clue for added sugar?

- A. Words that end in -gar
- B. Words that end in -ies
- C. Words that end in -ium
- D. Words that end in -ose

Nutrition Facts	
Serv. Size 1/4 cup (40g)	
Servings per Container about 9	
Amount per Serving	
Calories 130 Calories from fat 0	
*% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Potassium 310mg	9%
Total Carb 31g	10%
Dietary Fiber 2g	9%
Sugars 29g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredients: Organic Raisins	

